TAEKWONDO AMERICA

ALL FOURTH DEGREE BLACK BELTS
FOURTH DEGREE BLACK BELT MANUAL

4th DEGREE DECIDED

CHOI-YONG

50 Movements

Choi-Yong is named after the General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. His subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty, executed him.

Ready Stance C

1. Left Double Fist Block
2. Left Vertical Punch
3. Right Double Fist Block
4. Right Vertical Punch High
5. Left Knife-hand High Block
6. Right Reverse Inner Forearm Block
7. Left Punch High
8. Right Knife-hand High Block
9. Left Reverse Inner Forearm Block
10. Right Punch High
11. Left Double Knife-hand Block Low
12. Right Round Kick
13. Left Spin Hook/Round Kick
14. Right Reverse Horizontal Elbow Strike to Left Palm (Ki-Hap)
15. Right Double Knife-hand Block Low
16. Right Round Kick
17. Right Spin Hook Kick/Round Kick
18. Left Reverse Horizontal Elbow Strike to Right Palm (Ki-Hap)
19. Left Double Knife-hand Press Block (Medium)
20. Right Double Knife-hand Press Block (Medium)
21. Twin Knife-hand Block
22. Right Front Kick
23. Left Double Fist Block
24. Twin Knife-hand Block
25. Left Front Kick
26. Right Double Fist Block
27. Right Double Fist Block
28. Left Horizontal Spear-hand High
29. Right Horizontal Spear-hand High
30. Right Hooking Block (Medium)
31. Left Punch High
32. Right Double Fist Block
33. Right Side Kick
34. Right Hammer-fist to Left Palm (Ki-Hap)
35. Right Double Fist Block
36. Left Front Kick/Round Kick
37. Right Jump Spin Heel Kick
38. Left Double Fist Block
39. Right Knife-hand Strike High
40. Left Hooking Block (Medium)
41. Right Punch High
42. Left Double Fist Block
43. Left Side Kick
44. Left Hammer-fist to Right Palm (Ki-Hap)
45. Left Double Fist Block
46. Right Front Kick/Round Kick
47. Left Jump Spin Heel Kick
48. Right Double Fist Block
49. Left Knife-hand Strike High
50. Right Punch High
4th DEGREE SENIOR

TONG-IL

67 Movements

*Tong-Il denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram symbolizes the homogenous race.*

Ready Stance F

1. Twin Punch High (Ki-Hap)  
2. Twin Knife-hand Strike High  
3. Right Inner Forearm Block  
4. Left Reverse Punch High  
5. Right Punch High  
6. Left Reverse Punch High  
7. Left Round Kick  
8. Left Low Block/Right Reverse Back-fist  
9. Left Backhand  
10. Right Inside Crescent Kick  
11. Right Low Block/Left Reverse Back-fist  
12. Right Back hand  
13. Left Inside Crescent Kick  
14. Twin Elbow Strike  
15. Right Ridge-hand Block High  
16. Left Reverse Ridge-hand Block High  
17. Right Punch High  
18. Left Reverse Punch High  
19. Left Twist Kick  
20. Left Back-fist  
21. Right Twist Kick  
22. Right Back-fist  
23. Left Outside Knife-hand Strike High  
24. Right Outside Knife-hand Strike High  
25. Left Double Knife-hand Press Block (Medium)  
26. Right Double Knife-hand Press Block (Medium)  
27. Right Knife-hand Strike Low to Left Palm
28. Right Spin Heel Kick
29. Left Knife-hand High Block Left Front Stance
30. Right Reverse Punch High Left Front Stance
31. Left Reverse Reinforced Upset Punch High Right Back Stance
32. Right Reverse Horizontal Punch Left Front Stance
33. Left Spin Heel Kick
34. Right Knife-hand High Block Right Front Stance
35. Left Reverse Punch High Right Front Stance
36. Right Reverse Reinforced Upset Punch High Left Back Stance
37. Left Reverse Horizontal Punch Right Front Stance
38. Right Circular Double Ridge-hand Block Low Right Back Stance
39. Left Circular Double Ridge-hand Block Low Left Back Stance
40. Left Knife-hand Block/Right Reverse Low Block Left Front Stance
41. Twin High Punch Right Front Stance
42. Right Hammer-fist (To Left Palm) Left One Leg Stance
43. Right Spin Side Kick Sitting Stance
44. Twin Inner Forearm Block

45. **Right Jump Hook Kick (Ki-Hap)**
46. Twin Inner Forearm Block Sitting Stance
47. Right Round Kick Sitting Stance
48. Right Nine Block Sitting Stance
49. Left Nine Block Sitting Stance
50. Right Knife-hand Block/Left Reverse Low Block Right Front Stance
51. Twin Punch High Left Front Stance
52. Left Hammer-fist (To Right Palm) Right One Leg Stance
53. Left Spin Side Kick
54. Twin Inner Forearm Block Sitting Stance

55. **Left Jump Hook Kick (Ki-Hap)**
56. Twin Inner Forearm Block Sitting Stance
57. Left X Block Low Left X Stance
58. Left Outside Block Left Front Stance
59. Right Outside Block Right Front Stance
60. Left Reverse Palm Heel Strike High (Medium) Right Front Stance
61. Left Low Block/Right Reverse Knife-hand Block Left Front Stance
62. Right Reverse Palm Heel Strike High (Medium) Left Front Stance
| 63. | Right Low Block/Left Reverse Knife-hand Block | Right Front Stance |
| 64. | Right High Block | Right Front Stance |
| 65. | Left Reverse Punch High | Right Front Stance |
| 66. | Left High Block | Left Front Stance |
| 67. | Right Reverse Punch High | Left Front Stance |
FOURTH DEGREE BLACK BELT MANUAL

BOARD BREAKING REQUIREMENTS

4th Degree Black Belts and above have to break boards with 4 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 4th Degree Senior Black Belts must break with 2 strikes, one with each hand.

<table>
<thead>
<tr>
<th>RANK</th>
<th>PATTERN</th>
<th>BREAKING TECHNIQUES</th>
<th>KICK</th>
<th>HAND STRIKE</th>
</tr>
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<tbody>
<tr>
<td>4th Degree Decided</td>
<td>Choi-Yong</td>
<td>1: 360° Jump Spin Kick</td>
<td>1 Approved</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2: Jump Spin Kick</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>3: Spin Kick</td>
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<tr>
<td></td>
<td></td>
<td>4: Basic Kick</td>
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</tr>
<tr>
<td>4th Degree Senior</td>
<td>Tong-II</td>
<td>1: 360° Jump Spin Kick</td>
<td></td>
<td>2 Approved</td>
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<tr>
<td></td>
<td></td>
<td>2: Jump Spin Kick</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>3: Spin Kick</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Basic Kick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RANK</td>
<td>PATTERN</td>
<td>MIN.TIME</td>
<td>BREAKING TECHNIQUES</td>
<td>SPAR</td>
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<td></td>
<td><strong>KICK</strong></td>
<td><strong>HAND STRIKE</strong></td>
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<td></td>
<td></td>
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<td>1: Front, Side or Round 2: Front Side or Round</td>
<td>None</td>
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<tr>
<td>1st Degree Probationary</td>
<td>Gwang-Gae</td>
<td>2 Months</td>
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<tr>
<td>1st Degree Recommended</td>
<td>Gwang-Gae</td>
<td>2 Months</td>
<td>1: Front, Side or Round 2: Front Side or Round</td>
<td>None</td>
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<tr>
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<td></td>
<td>(Different kick with each leg)</td>
<td></td>
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<tr>
<td>1st Degree Decided</td>
<td>Pe-Eun</td>
<td>4 Months</td>
<td>1: Basic Kick 2: Spin Kick</td>
<td>1 Approved</td>
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<tr>
<td>1st Degree Senior</td>
<td>Ge-Baek</td>
<td>6 Months</td>
<td>1: Basic Kick 2: Jump Kick</td>
<td>1 Approved</td>
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<tr>
<td>2nd Degree Degree</td>
<td>Choong-Jang</td>
<td>8 Months</td>
<td>1: Spin Kick 2: Jump Kick</td>
<td>None</td>
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<tr>
<td>2nd Degree Decided</td>
<td>Yoo-Sin</td>
<td>8 Months</td>
<td>1: Spin Kick 2: Jump Kick</td>
<td>1 Approved</td>
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<tr>
<td>2nd Degree Senior</td>
<td>Ul-Ji</td>
<td>10 Months</td>
<td>1: Jump Spin Kick 2: Spin Kick</td>
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<tr>
<td>3rd Degree</td>
<td>Yon-Gae</td>
<td>1 Year</td>
<td>1: Jump Spin Kick 2: Jump Kick</td>
<td>1 Approved</td>
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<tr>
<td>3rd Degree Decided</td>
<td>Juche</td>
<td>1 Year</td>
<td>1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick</td>
<td>1 Approved</td>
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<tr>
<td>3rd Degree Senior</td>
<td>Ko-Dang</td>
<td>1 Year</td>
<td>1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick</td>
<td>2 Approved</td>
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<tr>
<td>4th Degree Decided</td>
<td>Choi-Yong</td>
<td>2 Years</td>
<td>1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick</td>
<td>1 Approved</td>
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<tr>
<td>4th Degree Senior</td>
<td>Tong-II</td>
<td>2 Years</td>
<td>1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick</td>
<td>2 Approved</td>
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<tr>
<td>5th Degree</td>
<td>Moon-Moo</td>
<td>5 Years</td>
<td>1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick</td>
<td>2 Approved</td>
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</tbody>
</table>

All ranks must do at least one kick with a different leg and if two hand techniques are required, they must use both hands.